

Monday

Tuesday

Wednesday

Thursday


Friday



# NOVEMBER 2013

To make a meal reservation at least 48 hours in advance, Contact Your Meal Manager.

Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible.

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Egg Chipped Beef Gravy Toast Juice and Milk Fresh Fruit	4	Pancakes Italian Sausage Hash Browned Potatoes Diced Pears Tropical Fruit Orange Juice Milk	5	Beef Stroganoff Egg Noodles 3 Bean Salad Fresh Baby Whole Carrots Apricot Halves Wheat Bread Tomato Juice Milk	6	Baked Potato Bar w/Sour Cream, Chili Con Carne, Shredded Cheddar Cheese Tossed Salad w/Ranch Dressing Applesauce Fruit Juice Milk	7	Pasta w/Meat Sauce Parmesan Cheese Garnish Fresh Cucumber & Tomato Salad Corn Fresh Apple Rye Bread Milk	8	
CLOSED FOR VETERANS DAY		11	French Toast Bacon Hot Apples Milk Juice	12	Hearty Beef Stew w/Mixed Veggies and Potatoes Fresh Apple Slices Fruit Punch Multigrain Roll Milk	13	Chicken Salad w/Fresh Spinach Cold Plate Mandarin Oranges Fresh Grape Tomatoes Multi Bean Soup Dinner Roll Tomato Juice Milk	14	Baked Chicken Peas & Carrots Red Beans & Rice Diced Peaches Wheat Bread Pineapple Juice Milk	15
Oatmeal Yogurt/Strawberry Toast Cranberry Juice Milk, Hot Cinnamon Apples	18	Omelet Sausage Hash Browns Juice Milk Fruit/Banana	19	Meatloaf w/Gravy Whole Wheat Bread Fresh Tossed Salad w/Ranch Dressing Diced Pears Split Pea Soup Apple Juice Milk	20	Beef Hot Dogs on Roll Mid West Baked Beans Baby Whole Carrots Applesauce Orange Juice Milk	21	Hot Turkey w/Gravy Mashed Potatoes Peas Fresh Cole Slaw Whole Wheat Bread Cranberry Juice Milk	22	
Egg Bacon Toast Milk Juice/Apple Banana	25	Roasted Turkey Breast w/Gravy Bread Stuffing Green Beans Cranberry Sauce Fruit Cocktail Pumpkin Pie Milk	26	Chicken Caesar Salad Romaine Lettuce, Diced Chicken, Croutons, Parmesan Cheese, Caesar Dressing Diced Peaches Pineapple Juice Milk	27	CLOSED FOR THANKSGIVING		28	29	

Linda Umbel @ Emmitsburg Senior Center 301-600-6350 ~Menus subject to change~